



Put STRESS behind you.

Are your troubles following you around?
Don't let them catch up with you. Leave stress behind.

We know stress affects everyone in different ways. However, prolonged stress can cast a shadow over not only your emotional well-being, but your physical health as well. Do you know how to recognize the physical, mental, emotional and behavioral signs of stress?

Don't worry. We're here for you.

Call Alere Health Coaching. Your personal health coach will teach you effective techniques you can use every day to help manage stress at home and at work. You'll enjoy unlimited, one-on-one access to your coach via phone, online chat or secure email – as often as you'd like. Plus, the program is *free* and completely confidential.

Alere Health Coaching

1-866-674-9103

<https://delawell.alerehealth.com>

